



# HERITAGE



Above: Elvis  
Entertainer, Mark  
Stanzler, delights the  
crowd pictured  
below...



The ladies seated (from  
left) ... Donna Tuleja, Rita  
Ferreira, Emily Layte, and  
Doris Shepherd ...  
enjoy Coffee with a Cop at  
the center on Friday,  
November 22, 2019.



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**CITY MANAGER**

Eileen Donoghue

**Assistant City Manager**

Kara Keefe

**City Council****Mayor**

William J. Samaras

**Vice Mayor**

Vesna Nuon

\*\*\*\*\*

Karen A. Cirillo

David J. Conway

Rodney M. Elliott

Edward J. Kennedy, JR

John J. Leahy

Rita M. Mercier

James L. Milinazzo

**LOWELL**  
**SENIOR CENTER****Main Number:****978-674-4131****Fax: 978-970-4134**

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**Hours of Operation:****Monday–Friday: 6:30 am - 4 pm****Saturday–Sunday: 7 am to 12 noon****Complete Breakfast 7:00-9:00 am****Lunch served at 11:15 am****Closed Holidays**

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**Executive Director:** Lillian Hartman

LHartman@lowellma.gov

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**Receptionist:** Tara Donnelly

978-674-1171 ~ TDonnelly@lowellma.gov

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**Trips & Events Coordinator:** Carol Lannan

978-674-1169 ~ CLannan@lowellma.gov

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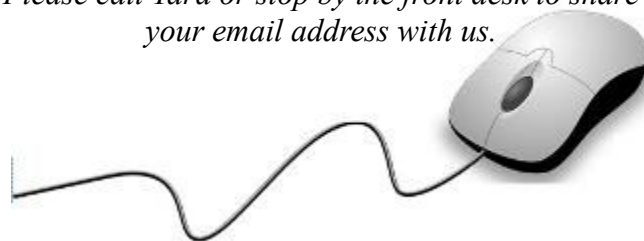
**Outreach Worker:** Amy Medina Leal

978-674-1167 ~ ALeal@lowellma.gov

~~~~~

**Volunteer Coordinator:** Gladys Rosa

978-674-1168 ~ CRosa@lowellma.gov

Prefer reading *The Heritage Newsletter* online?Visit: [www.lowellma.gov/373](http://www.lowellma.gov/373)*Join our e-mail list for weekly updates about events,  
and a notice when the newsletter is available online.**Please call Tara or stop by the front desk to share  
your email address with us.***City of Lowell**  
**Veterans Services****Director / Agent**

Eric Lamarche

978-674-1595

ELamarche@lowellma.gov

**Head Clerk**

Carmen Felix

978-674-1596

CFelix@lowellma.gov

**Head Clerk**

Nancy McGuire

978-674-1597

NMcGuire@lowellma.gov

**Office Hours:****8:00 A.M. - 4:00 PM.****Monday - Friday**

COA 2nd Floor

Fax: 978-446-7270

**COUNCIL ON AGING**  
**BOARD OF DIRECTORS***Andrew Hostettler, Chair**Joyce E. Dastou**Mary Donnelly**Eric Lamarche**John R. Lawlor**Vincenzo Milinazzo**Amy Pessia*

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**Next meeting: Monday,****January 13th****at 9:00am - Public Welcome****Senior Abuse**  
**Hotline Number**To report suspected elder  
abuse, call: 1-800-922-2275**DTA Hotline**  
**(SNAP/Food Stamps)**Direct line for seniors:  
1-833-712-8027**Elder Services of**  
**Merrimack Valley**Meals on Wheels, Assistance  
with Home Care, Case  
Management, Support for  
Seniors and Caregivers  
1-800-892-0890**Legal Services**  
**Assistance & Referrals**  
1-800-342-5297



## Director's Message

Happy New Year! New dance aerobics and theater classes are here to start the new year. Please come soon and often if you're interested in one of these. The more people who come, the more our funders will want to continue offering them.

Weekend meals are back, starting January 4. Please welcome our new weekend chefs, who will work alongside Lenny and Neil to keep the first floor open (with rides) for breakfast and lunch. Call Friday before 4pm to sign up for weekend rides from home to the senior center.

Seeing our dining room full each month at the Dinner Dance really gives me a sense of wonder and joy. There's not much better than sharing a meal with friends and listening or dancing to music. The only detractor has been our attempt to turn seating habits into table reservations: 8 names and payments in exchange for a table name card. Some don't like the sign-up process, others aren't happy with the final table arrangement. As a result of your feedback and our desire to make this a friendly, and accessible place — we will no longer track where people sit or how many people per group. We continue to need sign-up names a week ahead so we can order enough food and report on our lunch program for funders. Please seat yourself after signing in, sharing your table with as many friends and newcomers as comfortably fit!

Thank YOU for helping us grow into a more welcoming and vibrant senior center.

Lil

## Special Events

### AARP Foundation Tax-Aide

Volunteers from the AARP Foundation Tax-Aide program will be returning to the Senior Center to help area taxpayers prepare their tax returns on Wednesday and Thursday mornings from February 5, 2020 through April 9, 2020.

While the service is free for all taxpayers, it is intended for low to moderate income taxpayers who cannot afford to go to a paid preparer. We are open to the public and serve all taxpayers as long as we are qualified to do so. Volunteers are trained and certified to prepare the most commonly seen returns; however, there are some returns that we cannot prepare. Examples include returns with rental income (including Air B&B), returns for foreign students, and partnerships or other complex investments. If you have any questions, please ask when making your appointment.



This year, taxpayers will be able to make their appointments in person, by telephone or text at 978-710-8607, email at [lowellmataxaide@gmail.com](mailto:lowellmataxaide@gmail.com), or online at [www.aarpfoundation.org/taxhelp](http://www.aarpfoundation.org/taxhelp) (enter the zip code 01854 to find the Lowell Senior Center site). We will start making appointments after January 15, 2020.

In addition to our standard tax preparation service, this year we will also offer self-serve tax preparation for those taxpayers with simple returns who feel comfortable preparing their own returns on a computer. While the taxpayer will be responsible for preparing and electronically filing the return, we will be available to answer questions about tax law or use of the software. This will also be at no cost to the taxpayer. If you're interested in this, let us know when making your appointment.

## Inclement Weather Policy

If Lowell Public Schools are closed, our bus service and classes for the day will be cancelled. The center will remain open for breakfast, lunch, and use of our dining room space. Upstairs activity spaces may be open if enough staff are present. We will post a notice to our website, [lowellma.gov/373](http://lowellma.gov/373) and update our voice message at 978-674-4131 if there is a delay or closure.



## INTRO TO MINDFULNESS

វិបស្សនា

LIVE, WORK, AND LOVE WITH PURPOSE!

រៀនពីវិធីអប់រំផ្លូវចិត្តដើម្បី៖ រស់នៅ ធ្វើការ និង ផ្តល់នូវសេចក្តីស្រឡាញ់ដោយមានគោលដៅ

### Bilingual Khmer/English Mindfulness

4th Thursday of every month at 12 noon  
January 23, 2020

At the Senior Center (rides available from CMAA). All are welcome. Come learn meditation and yoga practice, and share refreshments. For more information, contact Tooch Van by email [tvann@cmaalowell.org](mailto:tvann@cmaalowell.org) or phone at 978-454-6200.

## Help Completing the US Census

Fridays, March 20 – May 1  
9am-11am in the Nurse's Station

Meet with a census worker (bilingual Khmer, Spanish, or Portuguese – see calendar) for help completing the U.S. Census, which you will receive in the mail mid-March. If you complete your census online, by phone, or on paper with a census worker **at the senior center**, earn a one-day free lunch pass (age 60+, excluding Dinner Dance).



## Aerobic Dance

Fridays, 8:00 to 9:00 am

Start your New Year right. Stay fit to enjoy life! Led by Wander Morel. FREE this winter thanks to CDBG grant funding.

## Danza Aeróbica

Viernes, 8:00 hasta 9:00 de mañana

Comience bien su año nuevo. ¡Mantente en forma para disfrutar de la vida! Dirigido por Wander Morel. GRATIS este invierno gracias a los fondos de la subvención CDBG.



### Senior Center Players

Tuesdays, starting Jan. 14  
10-11 in the Board Room

Read scripts together from Shakespeare to modern comedy to share a laugh, practice public speaking, and make friends. Public performances optional. \$2 donation to senior center appreciated. Funded in part by the Lowell Cultural Council.

## Scam Seminar

Tuesday January 21 at 10:00 am

We all have heard scams phone calls. But scammers are getting better and trying new things each month to make you trust them or to scare you into paying them. Meet with representatives from Lowell Police Department and Enterprise Bank to learn about safeguarding your money, identifying when something is a scam, and to hear about recent scams that have affected seniors in Lowell.



**Mah-Jong**

Mondays  
12:00 to 3:00 pm  
Board Room



**FREE**  
**Computer and  
tablet assistance  
with Pierre and Don**  
**Fridays 9:30 – 11:30**

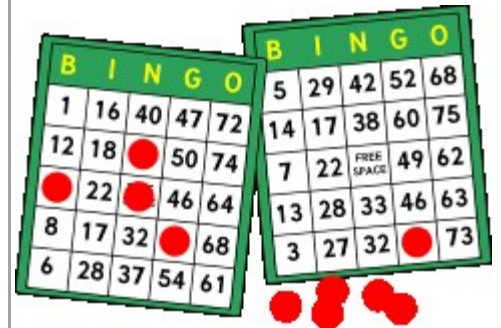
This is **NOT** a teaching  
classroom but a problem  
solving workshop



**2nd Floor Computer Lab**

**B - I - N - G - O**

Every Wednesday  
1:00—3:00 pm  
50¢ per card,  
sales start at noon  
Prize amounts vary due to  
attendance. **PLUS** additional prizes!

**Knitting & Crochet  
Group**

Tuesdays 12:00—3:00 pm  
2nd Floor Classroom  
**Newcomers  
welcome!**

**Quilting Group**

Wednesdays  
12:30—3 pm  
2nd Floor Classroom  
Newcomers welcome,  
beginners to advanced!

**Lowell Senior  
Center Singers**

Rehearsals:  
Mondays at 1:00 pm  
2nd Floor Classroom

**Cribbage Players  
Needed!**

Tuesdays  
12 noon to 3:00 pm  
Cardroom



**Wii Bowling**  
**Tuesdays & Fridays**  
**11:45 am to 12:45 pm**  
**2nd Floor Board Room**

**Cards!**

Thursdays  
12 noon to 3:45  
45's

Wednesdays & Fridays  
9:00 to 3:45  
Poker



## Doctors, Nurses & MORE

Blood Pressure &  
Weight Check with

Stay tuned for info on the next  
dates for Circle Health!

~~~~~  
**Albert Gauthier RN:**  
Wednesdays  
from 9:30—11:30 am

### Dr. George Potamitis from Pro-Rehab:

Question and Answer sessions  
Wednesdays from 10-11 am

### Anxiety Support Group

~~~~~  
With Steve Coupe  
**Tuesdays: 2-3:45 pm**  
2nd floor Library

### Reiki

~~~~~  
with Jane Breault  
SEE or CALL Tara  
Nurse's Station  
At will offering.

### Foot Clinic with Diane Stanley, RN

~~~~~  
3rd Thursday of the month  
9:00am – 12:00pm ... \$30.00 fee



A Total Foot Care appointment  
including: foot  
assessment, toenail  
trimming and filing,  
reduction of nails/  
corns/calluses as  
needed, education to help maintain  
self-care, and a relaxing foot  
massage.

Call Amy for appointments:  
978-674-1167  
2nd Floor Nurse's Station



## Concerned about falling? Free 8-week Workshop

The **Matter of Balance** program is designed to help older adults at risk of falling to take charge and reduce potential dangers. Participants will learn evidence-based techniques to increase strength, balance and flexibility and gain the confidence they need to stay active.

### A Matter of Balance Workshop

March 19 – May 7, 2020

12:00pm – 2:00pm

Lowell Senior Center  
276 Broadway Street  
Lowell, MA 01854



Register Today

by phone or online at...

978-674-1172

[www.healthyliving4me.org](http://www.healthyliving4me.org)



### Affordable Hearing

Free Hearing Test  
with Christopher Streeter  
Every 4th Wednesday  
10:00 am



2nd Floor  
Board Room  
MA Lic. # 198/  
NH Lic. # H547



### Meet Counselor Joan Gong

Mondays 8:30 am

2nd Floor  
Nurse's Station  
First come, first  
served! For more  
information, call  
1-800-243-4636, press 3 for SHINE



## FREE Exercise Room

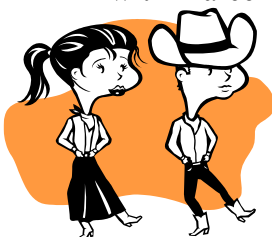


Open Monday-Friday  
6:30 am—4:00 pm

Required:  
Doctor’s note  
& Sneakers

## Country Line Dancing

with Marcella Groulx



Tuesdays  
10am to 12pm  
(except 2nd  
Tuesday of  
every month)  
\$5.00

## YOGA

with Christine Connolly,  
RN, BSN, RYT 500-hour Kripalu Yoga  
Teacher, Reiki II Practitioner

Tuesdays ~ Board Room  
2-3 pm Gentle Kripalu Yoga

Wednesdays ~ 2nd Floor Classroom  
10-11 Gentle Kripalu Yoga  
11:15-12 Men’s Yoga Class

\$5 per class, no longer grant supported

Helps with arthritis,  
flexibility, strength,  
mobility, range of  
motion, pain, high  
blood pressure,  
breathing, circulation,  
& stress!



## Chinese New Year



Please RSVP with Tara early. A  
full guest count is due by Jan. 10  
to order food.

*If you prefer to skip lunch, please  
come at noon to listen and  
dance for free. Thanks to  
CDBG funding for supporting*



## New Year’s Dinner Dance

Friday, Jan. 17 ... 11:00 am - 3:00 pm  
... Price: \$7

This month DJ Ray Tremblay plays  
tunes for couples and line dancers. Win  
door prizes and raffles!

### Menu

- Fresh Salad
- Turkey Dinner with all the fixings
- dessert



## “On the Move” Fitness

with Marian Silk

\$2.00 per class  
Great Hall



Mondays and  
Thursdays:  
9:00 - 9:55 am

Wednesdays:  
8:30 - 9:25 am  
(I like to end 5 minutes  
early so we are out the  
door in one hour!)

## FREE Bone Builders

8:30 am Monday & Wednesday  
1:30 pm Monday & Thursday

Learn how to strengthen your  
muscles, maintain or increase bone  
density, improve your balance, build  
confidence, prevent falls, nutrition  
& lifestyle changes, & make new  
friends! 2nd Floor Classroom.

Call 978-674-4131 to register.  
Doctor's approval REQUIRED

## TAI CHI

Tuesdays 10:15– 11:15  
\$3 per class in 2nd Floor Classroom

Helps with: arthritis, strengthening the  
immune system, high blood pressure,  
and osteoporosis!  
Acupressure points  
also taught: for  
headaches, stress,  
upset stomach &  
more!



### **Bus Trips to Group Travel Venues ~ ages 60+ ONLY**

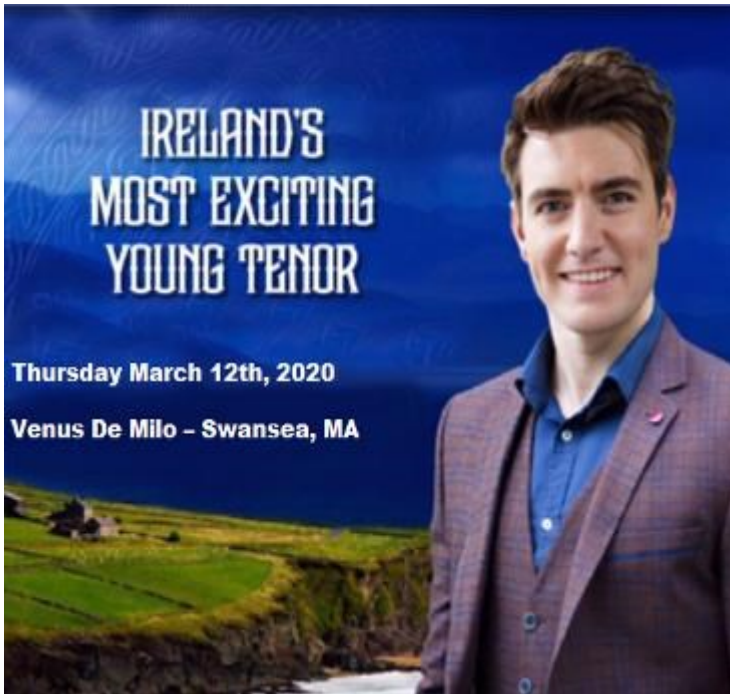
For quicker reservations and better seats, starting in 2020 all checks for Newport Playhouse, Best of Times, Fox Tours, and other specialty trips should be made payable to those partners directly. Carol will continue to collect checks and mail in group reservations. Payment is due in full **one month prior** to travel date.

The office is open from 6:30am-2:00pm.

Detailed flyers available outside the 2nd floor office.

For more info, contact Carol Lannan at 978-674-1169 or [CLannan@lowellma.gov](mailto:CLannan@lowellma.gov).

**Parking locations to be announced prior to each trip.**



#### **Mutts Gone Nuts**

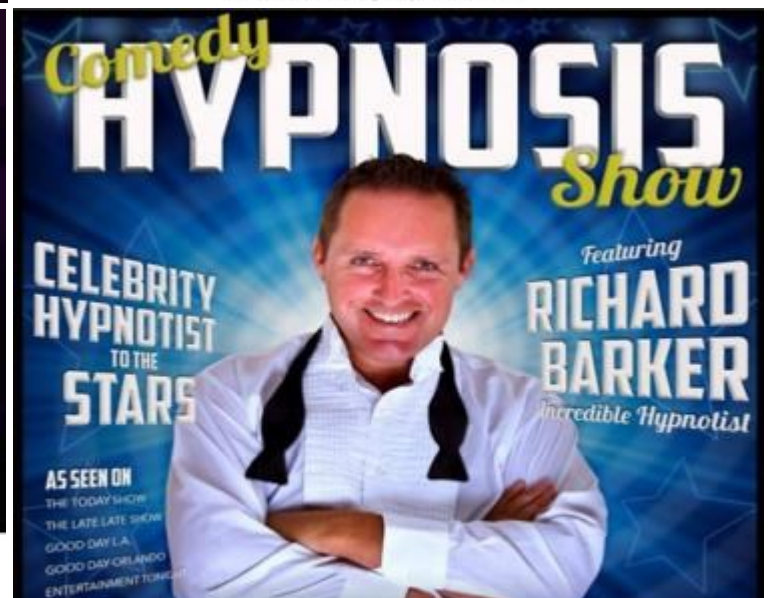
Date: Sunday April 26th



#### **Carole King Tribute - Home Again**

Tuesday May 19th, 2020

Danversport Yacht Club - Danvers, MA



#### **Comedy Hypnosis Show**

**Tuesday, June 16th, 2020 ... \$79!**



## \$7.00 Day Trips for ages 60+

| <u>Day</u>         | <u>Date</u>         | <u>Destination</u>              | <u>Depart</u>      |
|--------------------|---------------------|---------------------------------|--------------------|
| <b><u>Jan.</u></b> | <b><u>trips</u></b> | <b><u>on sale beginning</u></b> | <b><u>Dec.</u></b> |
| Thursday           | 9                   | K Market, Asian                 | 10:00              |
| \$1                |                     | Groceries, Westford Street      |                    |
|                    |                     | Door to door pick-up            |                    |
| Monday             | 13                  | Jay Ambe, Indian                | 10:00              |
| \$1                |                     | Groceries, Middlesex Street     |                    |
|                    |                     | Door to door pick-up            |                    |
| Tuesday            | 21                  | \$7 Pheasant Lane Mall          | 10:00              |
| Tuesday            | 28                  | Bayon Market, Asian             | 10:00              |
| \$1                |                     | Groceries, Branch Street        |                    |
|                    |                     | Door to door pick-up            |                    |
| <u>Day</u>         | <u>Date</u>         | <u>Destination</u>              | <u>Depart</u>      |
| <b><u>Feb.</u></b> | <b><u>trips</u></b> | <b><u>on sale beginning</u></b> | <b><u>Jan.</u></b> |
| Thursday           | 13                  | Walmart & Frenchie's            | 9:00               |
| Thursday           | 20                  | Kmart Billerica                 | 9:00               |
|                    |                     | & Mein Ling Rest.               |                    |
| Monday             | 24                  | Manchester Mall                 | 9:00               |
|                    |                     | & Grand Buffet                  |                    |
| Thursday           | 27                  | Salem Mall                      | 9:00               |
|                    |                     | & Grassfields                   |                    |

All \$7.00 trips are payable to "LCOA" by check or money orders only! NO REFUNDS. Up to 36 seats.

### **Parking locations to be announced.**

Please be sure to sign-up for trips right away & call if you need to cancel. Some trips fill up fast and we need a minimum number of people or the trip could be cancelled.

Place & time subject to change! A trip may be cancelled due to inclement weather.

## Affordable Senior Transportation

### \$1 Roundtrip Rides for Grocery Shopping

| <b><u>Neighborhoods:</u></b>                                 | <b><u>Dates:</u></b>                                 | <b><u>Location:</u></b>        |
|--------------------------------------------------------------|------------------------------------------------------|--------------------------------|
| Centralville,<br>Pawtucketville<br>(starting at 11:30)       | Tuesday,<br>January 14<br>&<br>Tuesday<br>January 28 | Sunrise Plaza,<br>Lowell       |
| Highlands,<br>Lower Highlands                                | Friday,<br>Jan. 3<br>&<br>Friday,<br>Jan. 24         | East Gate Plaza,<br>Chelmsford |
| Back Central,<br>Belvidere,<br>Sacred Heart,<br>South Lowell | Tuesday,<br>January 7<br>&<br>Tuesday,<br>January 21 | Stadium Plaza,<br>Tewksbury    |

### **FREE Daily Bus Ride**

The Lowell Senior Center offers free transportation to the Senior center 5 days a week. Call 978-674-4131 before 9:00 a.m. on the day you want to visit! Rides home daily at 1:30 pm, with an additional ride home Wednesdays at 3:00 p.m. after BINGO.

### **LRTA Road Runner**



ADA Paratransit curb-to-curb service is available for people with a disability that prevents them from using a fixed route bus—for all trip types. Senior Dial-a-Ride is available for all people age 65+ for medical rides only. Call Road Runner at 978-459-0152.

### **CareRide**

CareRide, a pilot program of Elder Services of Merrimack Valley with funding from Lowell General, provides non-emergency medical transportation in the Greater Lowell area and to Boston for people age 65+.

Sign up at the Lowell Senior Center (978-674-4131), and a ride share vehicle will be scheduled for you by Elder Services. No need to use a smartphone or pay the driver; bills come to your address monthly, \$4/each way for local trips.



| Sunday                                                                             | Monday                                                                                                                                                                                                                                              | Tuesday                                                                                                                                                                                                                                                                                                | Wednesday                                                                                                                                                                                                                    |
|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                        | <p>1. <b>KEEP<br/>SAFE<br/>AND HAVE A<br/>HAPPY<br/>NEW YEAR</b></p>                                                                                                                                                         |
| <p>5.<br/>7 Breakfast<br/>11:15 Lunch</p>                                          | <p>6. Day of Kings<br/><b>NO SHINE Counselor</b><br/>8:30 CTI Bone Builders A ~ <b>returns!</b><br/>9:00 On the Move<br/>12-4 MAH-JONG<br/>1-1:30 LSC Singers Rehearsal<br/>1:30 CTI Bone Builders B</p>                                            | <p>7.<br/>10 Computer Class<br/>10-12 Country Line Dancing<br/>10:15-11:15 Tai Chi<br/>11:45 Wii<br/>12-3:45 Cribbage<br/>12-3 Knitting &amp; Crochet<br/>2-3:30 Anxiety Support Group<br/>2:00 Gentle Kripalu Yoga</p>                                                                                | <p>8.<br/>8:30 On the Move<br/>8:30 CTI Bone Builders A<br/>9:30-11:30 Blood Pressure<br/>10-11 Gentle Kripalu Yoga<br/>11:15-12 Men's Yoga Class<br/>1-3 Bingo<br/>1:30-3:30 Quilting</p>                                   |
| <p>12.<br/>7 Breakfast<br/>11:15 Lunch</p>                                         | <p>13.<br/>8:30-10:30 SHINE Counselor<br/>8:30 CTI Bone Builders A<br/><b>9 COA Board Meeting</b><br/>9:00 On the Move<br/>10 Trip pg 9<br/>12-4 MAH-JONG<br/><b>12—MOVIE! p13</b><br/>1-1:30 LSC Singers: On Tour<br/>1:30 CTI Bone Builders B</p> | <p>14.<br/><b>NO CTI meeting</b><br/>10-12 Country Line Dancing<br/><b>10 Theater Class pg 4</b><br/>10:15 Tai Chi<br/>11:45 Wii<br/>12-3:45 Cribbage<br/>12-3 Knitting &amp; Crochet<br/>2-3:30 Anxiety Support Group<br/>2:00 Gentle Kripalu Yoga</p>                                                | <p>15.<br/>8:30 On the Move<br/>8:30 CTI Bone Builders A<br/>9:30-11:30 Blood Pressure<br/>10-11 Gentle Kripalu Yoga<br/>11:15-12 Men's Yoga Class<br/>1-3 Bingo<br/>1:30-3:30 Quilting</p>                                  |
| <p>19.<br/>7 Breakfast<br/>11:15 Lunch</p>                                         | <p>20.<br/>CLOSED</p>                                                                                                                                            | <p>21.<br/>10 Trip pg 9<br/><b>10 Scam Seminar pg 4</b><br/>10-12 Country Line Dancing<br/>10 Theater Class<br/>10:15-11:15 Tai Chi<br/>11:45 Wii<br/>12-3:45 Cribbage<br/>12-3 Knitting &amp; Crochet<br/>2-3:30 Anxiety Support Group<br/>2:00 Gentle Kripalu Yoga</p>                               | <p>22.<br/>8:30 On the Move<br/>8:30 CTI Bone Builders A<br/>9:30-11:30 Blood Pressure<br/><b>10 Affordable Hearing</b><br/>10-11 Gentle Kripalu Yoga<br/>11:15-12 Men's Yoga Class<br/>1-3 Bingo<br/>1:30-3:30 Quilting</p> |
| <p>26.<br/>7 Breakfast<br/>11:15 Lunch</p>                                         | <p>27.<br/>8:30-10:30 SHINE Counselor<br/>8:30 CTI Bone Builders A<br/>9:00 On the Move<br/><b>10 Safe Homes Seminar pg 13</b><br/>12-4 MAH-JONG<br/><b>12—MOVIE! p13</b><br/>1-1:30 LSC Singers: On Tour<br/>1:30 CTI Bone Builders</p>            | <p>28.<br/>10 Trip pg 9<br/>10-12 Country Line Dancing<br/>10 Theater Class<br/>10:00 Computer Class<br/>10:15-11:15 Tai Chi<br/>11:45 Wii<br/><b>12-3 Brown Bag Day, pg 13</b><br/>12-3:45 Cribbage<br/>12-3 Knitting &amp; Crochet<br/>2-3:30 Anxiety Support Group<br/>2:00 Gentle Kripalu Yoga</p> | <p>29.<br/>8:30 On the Move<br/>8:30 CTI Bone Builders A<br/>9:30-11:30 Blood Pressure<br/>10-11 Gentle Kripalu Yoga<br/>11:15-12 Men's Yoga Class<br/>1-3 Bingo<br/>1:30-3:30 Quilting</p>                                  |



| Thursday                                                                                                                                                          | Friday                                                                                                                                                                                          | Saturday                          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|
| 2.<br>9 On the Move<br>12-3:45 Cards: 45's<br>1:30 CTI Bone Builders B<br>2 Computer Class                                                                        | 3.<br>8-9:30 Veterans Coffee Social<br>9:30 Computer/Tablet Assistance<br>11:30 Poker<br>11:45 Wii Games<br>12-3 Senior Social<br><b>1-2:30 Grandparents Raising Grandchildren</b>              | 4.<br>7 Breakfast<br>11:15 Lunch  |
| 9.<br>9 On the Move<br>10 Trip pg 9<br>12-3:45 Cards: 45's<br>1:30 CTI Bone Builders B<br>2 Computer Class                                                        | 10.<br><b>8:00 Danza Aerobica pg 4</b><br><b>9 Veteran's Breakfast</b><br>9:30 Computer/Tablet Assistance<br>11:30 Poker<br>11:45 Wii Games<br>12-3 Senior Social                               | 11.<br>7 Breakfast<br>11:15 Lunch |
| 16.<br><b>9 Foot Clinic by Appt</b><br>9 On the Move<br>12-3:45 Cards: 45's<br><b>12-1:30 Mark Stanzler pg 13</b><br>1:30 CTI Bone Builders B<br>2 Computer Class | 17.<br>8:00 Danza Aerobica<br>8-9:30 Veterans Coffee Social<br>9:30 Friends Meeting<br>9:30 Computer/Tablet Assistance<br><b>11-3 Dinner Dance pg 7</b><br>11:30 Poker<br>11:45 Wii Games       | 18.<br>7 Breakfast<br>11:15 Lunch |
| 23.<br>9:00 On the Move<br><b>12 Mindfulness Meditation &amp; Yoga Khmer/English</b><br>12-3:45 Cards: 45's<br>1:30 CTI Bone Builders B                           | 24.<br>8:00 Danza Aerobica<br>8-9:30 Veterans Coffee Social<br>9:30 Computer/Tablet Assistance<br><b>10-12 Census Recruitment pg 14</b><br>11:30 Poker<br>11:45 Wii Games<br>12-3 Senior Social | 25.<br>7 Breakfast<br>11:15 Lunch |
| 30.<br>9 On the Move<br>12-3:45 Cards: 45's<br>1:30 CTI Bone Builders B<br>2 Computer Class                                                                       | 31.<br>8:00 Danza Aerobica<br>8-9:30 Veterans Coffee Social<br>9:30 Computer/Tablet Assistance<br><b>9:30 Friends Meeting</b><br>11:30 Poker<br>11:45 Wii Games<br>12-3 Senior Social           |                                   |

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**First Lowell Rehab Apartments**


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Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail Lowell@wingatecompanies.com



## January 2019 Lunch Menu

A donation of \$2.50 is requested for lunch, served beginning at 11:15am. Please be on site no later than 11:30 am if you want to have lunch. Funding for our meal program is made possible by MA Executive Office of Elder Affairs, Merrimack Valley Elder Services & City of Lowell. Menu subject to change!

| Sunday                                                                           | Monday                                                                    | Tuesday                                                               | Wednesday                                                                    | Thursday                                                                     | Friday                                                                      | Saturday                                                                            |
|----------------------------------------------------------------------------------|---------------------------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------|-----------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                                                                                  |                                                                           |                                                                       | <b>1. CLOSED</b><br><b>NEW YEAR'S DAY</b>                                    | 2. Spaghetti & Meatballs, Green Beans, Garlic Bread, Mandarin Oranges        | 3. Tomato Basil Pollock, Mashed Potatoes & Peas, Whole Wheat Rolls, Peaches | 4. Cheeseburger, Garden Salad w. Tomatoes, Fruit Cocktail                           |
| 5. Salisbury Steak, Mashed Potatoes, Gravy, Corn, Whole Wheat Bread, Pineapples. | 6. Pork Pernil, Spanish Rice, Carrots, Wheat Rolls, Fruit Juice, Apricots | 7. Beef & Bean Chili, Rice, Mixed Veggies, Wheat Bread, Sliced Apples | 8. Stuffed Shells, Spinach, Multi Grain Bread, Mandarin Oranges              | 9. BBQ Chicken, Roasted Potatoes, Peas, Italian Bread, Fruit Cocktail        | 10. Baked Pollock, Rice Pilaf, Zucchini & Tomatoes, Oat Bread, Pear         | 11. Riblet & Pork, Mashed Potatoes, Corn, Wheat Bread, Peaches.                     |
| 12. Swedish Meatballs, Egg Noodles, Broccoli, Multi Grain Bread, Pineapple       | 13. Roasted Chicken, W/Mac & Cheese, Peas, Wheat Bread, Cantaloupe        | 14. Shepherd's Pie, Carrots, Wheat Bread, Orange                      | 15. Broccoli Alfredo W/Pasta, Black Bean Salad, Garlic Bread, Fruit Cocktail | 16. Beef Stew, Stewed Tomatoes, Multi Grain Rolls, Apricot                   | 17. Dinner Dance: Turkey Dinner                                             | 18. Hot Dogs & Beans, Roll, Coleslaw, Apple Slices                                  |
| 19. Chicken Ala King, Rice, Collard Greens, Multi-Grain Roll, Peaches            | <b>20. CLOSED</b><br><b>MARTIN LUTHER KING DAY</b>                        | 21. Roast Pork, Mashed Potatoes, Corn, Wheat Bread, Pineapples        | 22. Chicken Parm. w. Rigatoni, Carrots, Garlic Bread, an Orange              | 23. Hamburg & Rice Stuffed Peppers, Mixed Veggies, Wheat Bread, Strawberries | 24. Meat Lasagna, W/ Spinach, Italian Bread Cantaloupe                      | 25. BBQ Pulled Pork, Bun, Baked Beans, Garden Salad w. Tomatoes, Applesauce         |
| 26. Chicken Sandwich w/Bun, Beet Salad, Cole Slaw, Apricots                      | 27. Meat Loaf, Mashed Potatoes, Broccoli, Peaches, Multi-Grain-Roll       | 28. Herb Chicken, Long Grain Rice, Corn, Strawberries, Wheat Bread    | 29. Cheese Raviolis, Spinach, Wheat Rolls, Mandarin Oranges                  | 30. Pork Shoulder, Roasted Potatoes, Cabbage, Wheat Bread, Pears             | 31. Pollo Gasou (Chicken), Rice, & Plantains, Carrots, Oat Bread, Apple     |  |



### Breakfast Menu

Breakfast is available 7-9am for \$1.50. Suggested items for a nutritious meal will be provided along with extra choices. We'll continue to offer free coffee until 2pm each day, and donated bakery items to take home.

| Sunday                                                 | Monday                                                        | Tuesday                                                                       | Wednesday                                                       | Thursday                                                    | Friday                                                                     | Saturday                                                  |
|--------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------|
| Cereal<br>Toast<br>Milk<br>Banana<br>P. Butter/<br>Jam | Bagel<br>Cream Cheese<br>Yogurt<br>Cranberry<br>Juice<br>Eggs | Oatmeal<br>Toast<br>Butter and Jam<br>Milk<br>Melon<br>½ c. cottage<br>cheese | Bagel<br>Cream<br>Cheese<br>Milk<br>Orange<br>P. Butter/<br>Jam | Eggs w.<br>Sausage<br>Biscuit<br>Potatoes<br>Milk<br>Orange | Cereal<br>English Muffin<br>Milk<br>Apple or<br>Other<br>P. Butter/<br>Jam | Oatmeal<br>Fruit muffin<br>Yogurt<br>Orange Juice<br>Eggs |



### Safe & Welcoming Homes

Monday Jan. 27 open from 10-11

Join local realtors Annmarie Richards and Elizabeth Silva, and staging expert for a presentation on decluttering, decorating, and removing hazards at home. Make your shelves and closets look attractive for visitors. Pick up checklists for baby-proofing and reducing trip hazards and falls around your home.



### Tribute to the Legendary Crooners

January 16, 12 noon-1:30 pm



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# NATIONAL RECRUITING WEEK



Friday, January 24, 2020 -- 10am to noon  
Lowell Senior Center, 276 Broadway Street

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### COFFEE SOCIAL

Fridays, 8:00 to 9:30 am at the Lowell Senior Center Board Room on the 2nd Floor. Presented by Edith Nourse Rogers Memorial Veterans Hospital (Bedford VA) & Lowell Veteran's Services. Join us for coffee, conversation, camaraderie, & support in an informal atmosphere to socialize and discuss issues such as Healthcare, upcoming events, helping others, community involvement, VSO assistance, and benefits. For more info, contact: Steve Hines at 781-687-3173 or Eric Lamarche at 978-970-4070.

### Veteran's and Widows

You may be entitled to REIMBURSEMENT OF YOUR MEDICAL EXPENSES if you are an unmarried veteran, or un-remarried widow or widower of a veteran ... call for income & assets limits.

You may also be entitled to FINANCIAL ASSISTANCE: if you are an unmarried senior citizen veteran, or un-remarried widow or widower of a veteran ... call for income & assets limits. Call the Veterans Services Office to arrange an interview to see if you qualify for benefits.

If you need more information please contact your Veterans' Services Officer, Eric Lamarche by email at [elamarche@lowellma.gov](mailto:elamarche@lowellma.gov) or by phone at 978-674-4066.

## HAPPY NEW YEAR! JANUARY 2020 COMPUTER WORKSHOPS

**TUESDAYS @ 10AM**

**THURSDAYS @ 2PM**

Register in person

Register online

at the Pollard Memorial Library  
401 Merrimack Street at the 2nd Floor  
Reference Desk or by calling (978) 674-4121

<http://pollardml.org/events/library-calendar>

#### INTRO TO PCS

1/7 (TUE) @ 10AM

#### EMAIL

1/21 (TUE) @ 10AM

#### DIGITAL PHOTOS

1/28 (TUE) @ 10AM

#### INTERNET & BROWSERS

1/9 (THU) @ 2PM

#### CELL PHONE SKILLS

1/23 (THU) @ 2PM

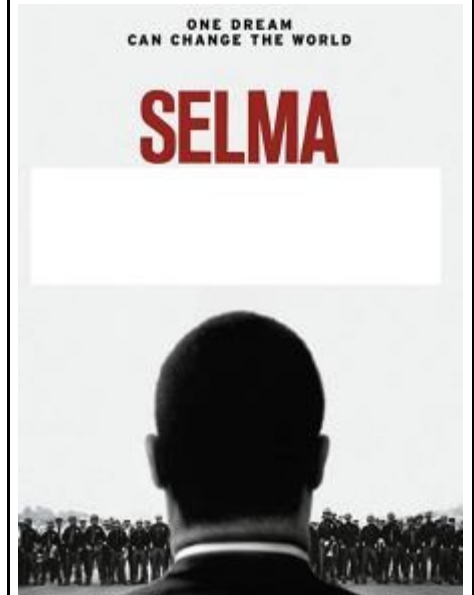
#### MICROSOFT WORD

1/30 (THU) @ 2PM

**NO WORKSHOPS** 1/14 & 1/16

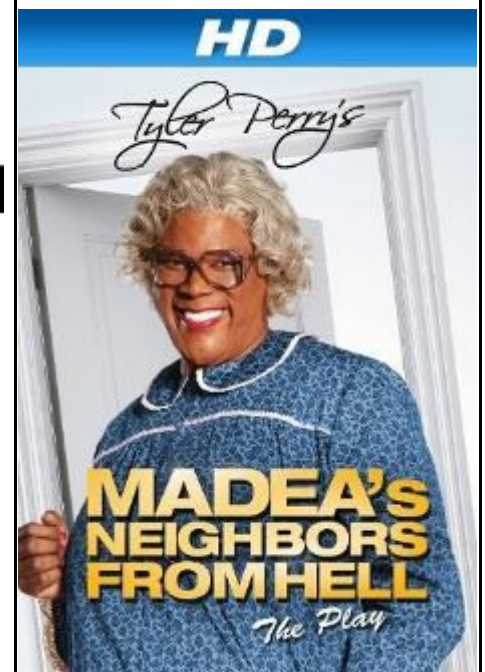
Monday,  
January 13, 2020  
12 noon

Selma



Monday,  
January 27, 2020

Madea's Neighbor  
from Hell





### BOARD OF DIRECTORS

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#### **VICE PRESIDENT**

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#### **SECRETARY**

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Jacqueline Denison

#### **DIRECTORS**

Ken Ashley

Lenny Gendron

Beverly Gonsalves

Doris Santos

Arthur Toupin

~~~~~  
Office: 978-674-1175  
~~~~~

**Friday,  
January 31st  
at 9:30 am**

**Public Welcome**

## **Friends of the Lowell Council on Aging**

The Friends of the Lowell Council on Aging Center Inc. is the fundraising group for the Lowell Senior Center. Funds raised are utilized for many purposes. Annual Fee is \$5 Per Person and membership includes voting rights. Meetings are held on the last Friday of the month at 9:30 a.m. in the Board Room on the second floor of the Senior Center. No meetings are scheduled in July and August. Donations are accepted and happily welcomed.

This month starts a new year with an extra day. Yes it is leap year. So watch out you single men for this is the year women are allowed to pop the big question.

We also want to congratulate Rita Mercier, our Vice President, for topping the ticket in the November city council election. Her slogan was new and improved. We don't know how she can improve. She has always been the best in our hearts and minds.

Our membership drive is in full swing and we hope to top last year's count of 477. 500 is our goal. Remember you do not have to be a senior to belong to the "Friends". Anyone wanting to support us is welcome to join. Claire and Tara are available every day at the center to sign up new and past members. You can enroll your friends and relatives and surprise them with a membership card. The membership runs for the 2020 calendar year.

We have recently purchased new dividers for the great hall. The former ones were not easy to handle plus they were not efficient. Hopefully the new attractive ones will have a long life span. This is a necessary item and we are happy to make this donation.

We want to remind you to expect the March calendar drawing raffle tickets in the mail shortly. All members will receive 2 calendars. This is one of two raffles we hold yearly. The March drawing has a \$200 winner on St. Patrick's Day plus 30 other chances to win since it is one of the 31 day months of the year. They will also be available for purchase here at the center for those who wish to take more chances.

Thank you for all your support by joining the FLCOA, participating in our raffles and 50/50 drawings. The most recent donation of the dividers was a large purchase which we would not have been able to make if it were not for all our loyal members.

We are resuming our regular meeting schedule January through June the last Friday of the month @ 9:30 AM in the Board Room.

Standing from left: Leonard Gendron, Arthur Toupin, Ken Ashley, Beverly Gonsalves, President Dr. Joe Downes, and COA Director Lillian Hartman.

Sitting from left: Jacqueline Denison, Doris Santos, Vice President Rita Mercier, and Claire Brodeur.





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BUT BY THE CONTENT OF  
THEIR CHARACTER ”**

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